

Delicious & Healthy



Try A Nutritious Twist On A Family Favorite

(NAPSA)—If your kids are like many, they're happy to get their hands on chicken fingers. Now, you can improve on this fun food with the help of an ancient grain and a superberry. Try nutrient-rich millet or quinoa instead of plain breading, and tart-sweet lingonberries, which Dr. Oz has called a superfruit full of antioxidants, for the dipping sauce.

Here's the recipe:

Chicken Fingers with Lingonberry Dipping Sauce

Chicken Fingers

- 3 or 4 boneless skinless chicken breasts, cut into 2-inch strips
- ½ cup flour
- 1 tsp. salt + ¼ tsp. pepper
- 2 eggs
- 2 cups cooked millet or quinoa

Place ¾ cup of dried millet or quinoa in a pot with 1½ cups of water. Boil millet or quinoa on medium heat for 20 minutes or until soft. Allow to cool. Meanwhile, preheat oven to 425 degrees and grease a baking sheet. In a small bowl, whisk flour, salt and pepper. In a second bowl, whisk eggs. Place the millet in a third bowl. Dredge chicken pieces in flour mixture, then eggs, and then the millet, being sure to coat well. Place on baking sheet.

Spray chicken fingers generously with cooking spray (this helps the nuggets to get crispy but can be skipped if you prefer) and bake for 15–20 minutes until chicken is cooked through and browned (or you can panfry).



For a nutritious, delicious dish your kids are likely to love, try this saucy switch on ordinary chicken fingers.

Lingonberry Sauce

- 4 tablespoons of Felix Lingonberry Jam pureed until smooth
- 1½ tablespoons of honey
- ½ teaspoon of Worcestershire sauce
- ½ teaspoon balsamic vinegar
- ¼ teaspoon of onion powder

Mix all ingredients together and serve as a dip alongside the chicken fingers.



The jam is made with fresh Swedish lingonberries, which can be a great alternative to cranberries in many recipes. You can find more recipes, facts and where to get the jam at <http://felixjams.com>.